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ABSTRACT

This educational program on drugs and alcohol provides a "No-Use" message to students. The curriculum maintains that alcohol, tobacco, and illicit drugs are unhealthy and harmful, and that society's laws and values are to be respected. The lessons build students' resistance to influences that encourage drug abuse and they promote safe, healthy, and responsible attitudes while correcting mistaken beliefs and assumptions about drugs and alcohol. Lessons appear on 36 "Task Cards" which are intended to be used once a week during a traditional school year. The sequence and frequency with which these Task Cards are used, though, is at the instructor's discretion. Cards may be completed individually or in a group. Each card contains a benchmark (a one or two line goal for the lesson), a short message that the facilitator can present to the students, and an activity, all of which are age appropriate. If students work in groups, they are encouraged to create and display a team name, a pennant or banner with their team symbol, a license plate, a team motto or slogan, and a simulated 1-800 phone number. Students are encouraged to adopt a cartoon character name, from a list in the back, and design a drug and alcohol poster with a message that features the cartoon character they have created. (RJM)

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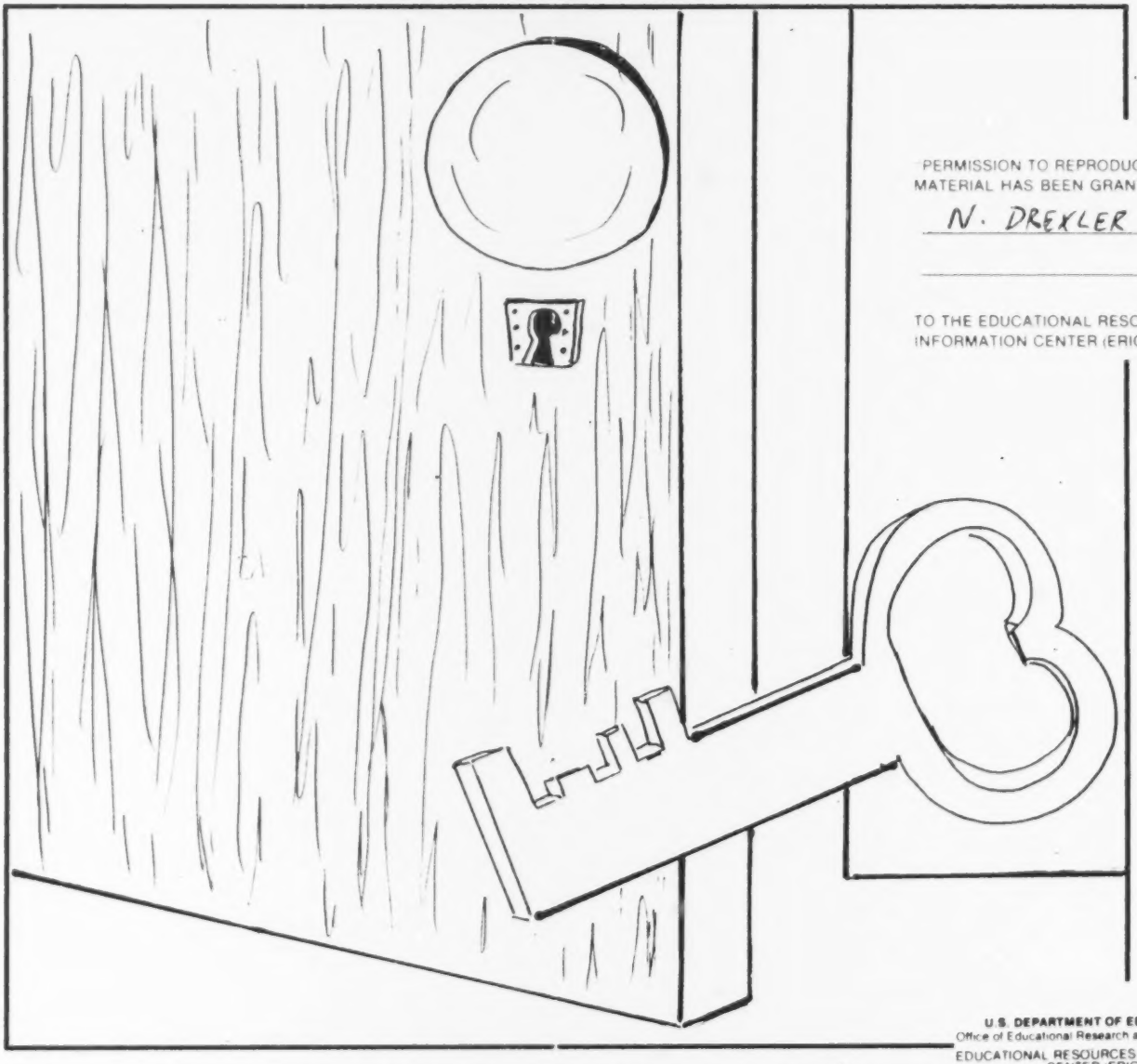
SPARKS EDUCATIONAL PROGRAMS

Smart People Act Responsibly to Keep Safe

DRUG AND ALCOHOL AWARENESS

FOR

Grade Seven



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SPARKS EDUCATIONAL PROGRAMS

Drug and Alcohol Awareness Programs

Nora L. Drexler, the author and illustrator of SPARKS EDUCATIONAL PROGRAMS, received her M. Ed. from Gannon University and has received special training in Gifted Education from the University of Connecticut. She has taught regular and gifted education in Kindergarten through grade eight in Pennsylvania. Currently she teaches Gifted Education in the Millcreek Township School District in Erie, Pennsylvania. She has participated in the Governor's Lead Teacher Program in PA. She gives national and international presentations, and teaches new trends in computer technology. She implements cooperative learning, integrated curriculums and directs educational television programs for children.

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RATIONALE

SPARKS, (Smart People Act Responsibly to Keep Safe), is a nationally marketed, educational program brought to you exclusively by Drexler Associates, Inc. The "NO-USE" message in this curricula is clear, consistent, and positively communicated throughout this material. This program spirals in a continuous progression from kindergarten through grade eight and maintains that the use of alcohol, tobacco and illicit drugs is unhealthy and harmful, and that the laws and values of our society are to be respected. This program builds resistance to influences that encourage drug abuse, promotes safe, healthy and responsible attitudes, and corrects mistaken beliefs and assumptions.

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TO THE TEACHER/ FACILITATOR

The lessons on the "Task Cards" in this publication are designed for use once a week, for a traditional thirty-six week school year. However, the actual sequence or frequency of these Task Cards should be at the discretion of the prevailing instructor, counselor or group leader in charge. Benchmarks should be discussed or written in a journal. The Task Cards can be completed individually, or in cooperative learning group situations. Optional tests are available for purchase from Drexler Associates, Inc.

If students are working in small groups of three or four students, they should create and display their team names, a pennant or banner with their team symbol, a license plate (Example: WE-ARE-#1), a team motto or slogan, and a simulated 1-800 phone number, (Example: 1-800-NODRUGS).

Each student adopts a cartoon character name, from the list at the end of this publication, and designs a drug and alcohol poster with a message showing the cartoon character they have created. Drug or alcohol facts should also appear on the poster.

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To the Student: About Drugs and Crime

When drugs are prescribed by doctors and used wisely, they can ease pain and suffering, help fight infection and even cure diseases. But when drugs are not supervised by a doctor, not used wisely, or used by someone other than the person for whom the drug was prescribed, they can cause pain, suffering, illness and even death. Do not experiment with any drugs, medicine, alcohol or chemicals!

Sooner or later, you will probably come in contact with people who are using illegal drugs or alcohol or, who are selling or "pushing" this habit on others. You may be tempted to try the drug because of stories you have heard, of promises made by the "pusher," just from curiousity, or because of the pressure to do whatever your friends are doing. However, drugs will NEVER help you get better grades, will NEVER make you more popular, and will NEVER solve any problems that you may have.

Drugs and alcohol can cause you a lot of pain, make you very sick and even cause death. It may seem hard for you to say "No," but it is certainly easier to refuse drugs NOW, than to try to break the habit later. Be strong in your plans to stay clean and free from drugs, alcohol and crime. Don't hang around with other kids who get into trouble with the law, or who use drugs or alcohol. Stick with friends who respect the drug-free, crime-free choice. You must learn the facts about drug and alcohol abuse, and care about your body, your mind, and your future.

Crime is everybody's business! Preventing crime is everyone's duty. All citizens in our country have the responsibility of keeping themselves safe and their community safe. You also, share in this important responsibility. Laws of your state and city, as well as the rules within your home, school and community, were designed to keep you safe and help you grow up to be the best you can be. Obey the laws. Obey the rules. Encourage your friends to respect laws, rules and property. Whenever a crime is committed, everyone pays. Taxes go up, more money is spent to fix property, or to punish criminals, or to hire more staff to help protect innocent people. Think about it. This is money that could have been routed for other purposes such as health care, research for diseases, better parks, roads, education, inventions, space travel, etc. Whenever a crime is commited, someone is injured or rights are violated. Crime hurts everyone. It takes a long time to rebuild damaged property and fix broken lives. Everyone suffers. Everyone pays the price.

You and your classmates can help. Take steps to prevent crime. Follow the rules. Report law breakers or suspicious behavior. Be respectful of those in authority. Honor police officers and those who risk their lives every day so that you and your family can have a better life, without fear of intruders, vandalism, pollution, theft, or drivers on the road who are under the influence of alcohol or drugs. Perhaps, you, too, will choose a career in law, or law enforcement, to continue to help our citizens live and grow in a crime-free, drug-free environment.

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TASK CARD # 1

BENCHMARKS - The student should know that:

- Alcohol causes drowning and other fatal accidents
- Alcohol is responsible for homicides and suicides
- All by itself, alcohol is a lethal drug
- 35% of wine coolers are consumed by junior and senior high school students

Activity: Photomontage

Individual or group photomontages can be created. Cut pictures from magazines, newspapers, advertisements or pamphlets, so that a scene can be created with things that could actually be in the same location. The pictures should reflect drug-free goals and areas of interest, hobbies, talents and even future activities of individuals or groups. Glue the pictures on to construction paper, just like setting up props on a stage. The rest of the scene, (characters and objects), are hand drawn on the paper amidst the magazine pictures, and colored in with markers, colored pencils or crayons. Results should appear like a colored "photograph".

TASK CARD # 2

BENCHMARKS - The student should know that:

- 3 people die every day in the U.S. from alcohol overdose
- People use many different words for getting drunk on alcohol, such as: plastered, bombed, ripped, blitzed, sloshed, or wasted
- It is time for us to forget that "everybody" else does it, too, and start thinking about the fact that drinking is dumb
- About a third of all young people (7 milllion) buy their own alcohol

Activity: Silhouettes

Tape construction paper to a wall. Darken the room and shine a light, such as a flashlight, on your partner's face. Partner turns sideways so that the silhouette of the head shows on the paper. Trace carefully, using pencil, the outline of the silhouette. When all silhouettes are traced, turn on the lights and use any colored markers to go over the images. Each person writes an essay and a promise inside the silhouette explaining their reasons to be drug-free. Signatures appear at the end. Cut out each silhouette carefully. Display the images with the handwritten essays inside the silhouette.

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TASK CARD # 3

BENCHMARKS - The student should know:

- Drinking and driving accidents are the # 1 cause of death among teenagers
- 40,000 Americans each year are disfigured in accidents involving young people using alcohol
- People drink alcohol because they like the feeling of being "high" - which is actually just the feeling of having damage to the central nervous system
- Older teenagers who drink usually obtain alcohol from their friends

Activity: Creative Images

Using just the words "drug-free", create the outline for a picture by repeating the letters d - r - u - g - f - r - e - e over and over again until you have created the image of the picture. Remember, you can't draw lines. All you can do is put the small, printed letters for "drug-free" where the line would be. If you are doing something circular, such as a snowman, you will have to keep turning the drawing paper as you continually repeat the word "drug-free".

TASK CARD # 4

BENCHMARKS - The student should know:

- Alcohol can get you into trouble with your parents, with the police and with your principal
- Alcohol is an illegal drug for teens - just like marijauna, cocaine and heroin
- Alcohol is a poison to all parts of the body - including the heart
- Younger teenagers who drink, steal it from their parents supply

Activity: Drug-free calendars

Design your own calendars. The days, dates and months of the year would naturally be the same for all groups, but at the top could be different pictures showing fun things to do. Groups should divide the task among its members. If there are four in your group, each of you could do three months of the year. How will you decide who does which months? Brainstorm many different ideas on seasonal or monthly activities, so each member has a vault of information from which to pull examples.

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TASK CARD # 5

BENCHMARKS - The student should know:

- Being drunk means a person has overdosed on a drug
- Alcohol puts the brain to sleep
- Brain damage begins with the first drink
- Choose never to buy or provide alcohol for anyone under 21

Activity: Drug-Free Note Paper

Be a SPARK to others! Design your own drug-free note paper. At the top, put the words SPARKING A NOTE TO:_____. Each member designs the border of his own note paper. Do the design in pencil first, then retrace in black ink pen so that it can be photocopied. Think of slogans or clever sayings. Perhaps you could use music notes for SPARKING your "notes". Make a collection of all your memo designs. The school or an area business may be able to copy them for you.

TASK CARD # 6

BENCHMARKS - The student should know:

- Every 5 seconds a teenager has a drug or alcohol-related accident
- 1 drink can impair the ability to drive
- More that $.25 of every dollar you pay for auto insurance premiums goes to pay for damage done by drunk drivers
- Coffee, fresh air or cold showers will not save you from the effects of alcohol

Activity: Joke Book: No April Fools Here

Create a drug-free cover for a classroom scrapbook of jokes that are in good taste. Call it: "No April Fools Here! We're Drug-Free!" Keep an ongoing log of riddles, clever sayings or mind bogglers and good jokes. Compete with another group to see who can gather the most laughs.

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TASK CARD # 7

BENCHMARKS - The student should know:

* 3.3 milllion men and women under 20 are problem drinkers
* Some teens become alcoholics within 6 months after taking their first drink
* Liver cancer is also related to alcohol use
* At least three people everyday die from alcohol overdose

Activity: Acrostic Design

Place the letters of your first and last name vertically down the left side of some lined paper. Research marijuana, heroin, cocaine, tobacco, Gateway Drugs, or inhalants. Write facts about your findings, next to the letters of your name. A fact, sentence or phrase must begin with that letter.

Example:

T - Tough to say "NO" to peers. You must refuse drugs
E - Even one encounter with cocaine will make you crave more
D - Drug pushers go to jail for a long time

TASK CARD # 8

BENCHMARKS - The student should know:

* Because crack is smoked, it enters the body through the lungs and then goes through the heart to the brain in seconds
* Crack can instantly kill
* Crack users risk death each time they use crack

Activity: Sneaker drawings

Draw your favorite sneaker from a side view. Make it large. Add designs and colorful, creative ideas. Cut the sneaker out. Group decides where members should put their names on their shoes. (Real shoelaces can be used to thread through the holes) Make a banner "Stepping into the Future Drug-Free". Display the shoes lined up along the pathway to the year 2000.

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TASK CARD # 9

BENCHMARKS - The student should know:

- Crack can kill the very first time it is used or the 100th
- Crack is almost instantly addicting
- Crack users are usually addicted after only a few weeks
- If someone passes out from drinking, call 911, or emergency rescue immediately

Activity: Dreams Budget

Martin Luther King is a famous black American who held the dream that all people would live together in peace. All of the people gathered here share that dream and also want to erase drugs from this planet. If you had a million dollars to spend on keeping kids drug-free, what kinds of activities and promotional activities would you organize? Where would you take kids on field trips? Who would you invite to speak to them. Design a budget to show how much you would spend on parades, T-shirts, etc.

TASK CARD # 10

BENCHMARKS - The student should know:

- Most users of marijauna get an increased heart rate, red eyes, dry mouth and throat
- Smoking 5 joints a week of marijuana does more damage to the lungs that 6 packs of cigarettes a week
- In almost 16 out of 100 cases of fatal highway accidents, marijuana was used by the driver
- Anyone who drinks too much alcohol can die from alcohol poisoning

Activity: Secret Codes

Using as many kinds of codes you can think of (sign language, Braille, Morse Code, flags, numbers, letters, or symbol codes), create a drug-free message that contains an important or shocking drug fact that you have discovered. Share with other groups and decode. Try unusual codes, such as writing on thin paper in lemon juice with a cotton swab. It will be invisible when it dries. Hold the paper up to the light. You should be able to see the secret message now!

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TASK CARD # 11

BENCHMARKS - The student should know:

- Marijauna (grass, pot, weed) is a common plant
- A marijuana cigarette is made from the dried parts of the whole plant, except the main stem and roots
- How strong the marijuana is depends on climate, soil conditions, time of harvesting
- Almost half of all high schools say that alcohol is their biggest problem

Activity: Senior Citizen Interview

Each group member interviews an older person or senior citizen. Write all your questions down first. Take careful notes. Ask how crime, violence and drug use were different many years ago. Ask what famous inventions came into use? What about automobiles? Which Presidents do they remember? What was food preparation, stoves and refrigerators like? How were their houses heated? How were teachers, schoolrooms and class assignments different? Keep a copy of your questions and answers.

TASK CARD # 12

BENCHMARKS - The student should know:

- Having even one unit of crack can result in up to 1 year in prison and a $ 5,000 fine
- Delivering or selling crack is a felony
- Using crack is a crime that can put you in jail.
- The number one killer of teens and young adults is alcohol related highway death

Activity: Role Playing

A few days after the Senior Citizen Interview, dress up like the person you interviewed. You will become this person in the interview. Try to use appropriate uniform dress, accessories, coffee mugs, briefcases, etc. Was it Grandpa? Then wear glasses, a fishing hat, blue jeans and carry a tackle box or a fishing pole. Baby powder sprinkled in hair can give that aging appearance. Maybe someone has a Halloween wig you could borrow. Have a partner be the reporter who asks you the questions you asked the senior citizen. You give the recorded answers you wrote during the original interview.

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TASK CARD # 13

BENCHMARKS - The student should know:

* Because crack is cocaine this makes cocaine widely available
* The crack usage problem continues to skyrocket
* Crack is the most marketable drug sold on the street today
* Colleges state that about one quarter of the students are dropouts due to alcohol use

Activity: Stamp of Approval

Design your own hand stamp, seal, or logo. Look at other seals or stamps. What does the official seal of your city look like? Examine different logos. Show examples of fast food restaurant logos, soft drink logos, athletic shoe logos, blue jeans, etc. Using many ideas and symbols from your group, create the official stamp or logo for your group. Choose theme colors and background colors. Make the design large enough to display for all to see, with your team name on it.

TASK CARD # 14

BENCHMARKS - The student should know:

* The largest percentage of crack users are young, urban males between the ages of 20 - 30
* Crack use can be found in rich and poor areas of the city
* Many states have already lost too many young lives as a result of crack use
* Alcohol is involved in many violent crimes

Activity: Card Game "Kingpin"

Object of the game: to capture the drug Kingpin. Each group receives 53 index cards. You will create a card game, whereby cards will match in sets of two, such as a drug term and its correct definition or fact. This will use 52 of the cards, since you will have 26 pairs. Mark the one card left, "KINGPIN". Cards will be shuffled and dealt face down to 4-6 players. Player looks at his cards, and discards any pairs that go together. (Example: CRACK - Made from cocaine and is many times stronger than cocaine.) Discarded cards will not be used again. Dealer will select one card only from the concealed hand of the player on his left and discards any pairs that match from his hand. Game continues clockwise with each player choosing one card, and discarding matched pairs. The person left holding the "KINGPIN" in the winner!

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TASK CARD # 15

BENCHMARKS - The student should know:

* Crack is a form of cocaine, and it is 4 - 10 times stronger
* Crack looks like slivers or shavings of soap
* Crack is often smoked with marijuana or regular tobacco in a pipe
* Police attack illegal drug markets through undercover investigation

Activity: Post Cards from the Future

Use the large, plain index cards. On the front of the postcard, sketch a scene from USA in the year 2010. Use many details. Show drug-free parties, games, activities, and crime-free cities.

On the back of the postcard, divide the card in half by drawing a vertical line down the center. On the right half, write a clever, imaginative name and address.

Example: U. R. Drug-free
123 No Chemicals Blvd.
Anytown, MN

On the left half, write as though you are writing to an old friend, telling about life and activities in the USA from the year 2010. Design a stamp for the upper right corner. Put all the postcards in a large envelope for your facilitator to exchange with another group, school, or city!

TASK CARD # 16

BENCHMARKS - The student should know:

* The name "crack" may have evolved because the drug remembles cracked paint chips or because it makes a crackling noise when smoked
* Crack is sold in ready- to-smoke form and may be purchased for as little as $ 5.00
* Crack possession may carry a fine of $ 15,000 or more
* Police attack illegal drug markets by cooperation with community anti-drug efforts

Activity: Sign of the Times

Create drug-free signs or slogans to hang on your walls. Use styrofoam meat trays that perhaps you were going to recycle. Press with your pencil to show words and a design. Paint with tempera paints, trying to keep the paint away from the indented lines you drew with your pencil. When your sign drys, place a picture hanging wire or hook on the pack so that it can be displayed on a wall.

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TASK CARD # 17

BENCHMARKS - The student should know:

- If a parent drinks too much, talk to an adult who doesn't drink too much, a close relative (such as an aunt, uncle or grandparent), friendly neighbor, teacher, or clergy member who can be a good source of help
- If a parent drinks too much, learn more about the facts and you'll be less likely to feel angry, guilty, or sad about things you shouldn't be blamed for
- If a parent drinks too much, try to be understanding and don't blame anyone for a parent's drinking problem
- Police attack drug markets by large scale, high-visibility crackdowns

Activity: Paper weight: Drug-free zone

Create a drug-free zone sign that serves as a paperweight. Pour plaster of Paris into large styrofoam cups adding tempera paint for color. Put a colored pipe cleaner or popsicle stick down into the plaster, while the plaster is still wet. Attach a clever sign such as: Drug-free Zone, or a creative "flower" or "plant" with a clever sign like "Grow Clean and Free" without drugs. When plaster is dry, peel away the cup. Think of other things you could create with a drug-free message.

TASK CARD # 18

BENCHMARKS - The student should know:

- To make the most of your own life, spend time with friends
- To make the most of your own life, join a club or special group
- To make the most of your own life, find an activity that you enjoy
- Crime control and law enforcement provides stiff penalties for violent and drug trafficing crimes

Activity: SPARKING A BINGO

Use 24 of the drug or alcohol terms you have learned. Make a grid with five rows horizontally and five rows vertically. Put "Drug-free Space" in the center. Run several photocopies of the card. Each player prints the 24 drug words or terms anywhere on the card, filling in the empty blocks. Caller reads the fact or definition. Example: What are pot, weed and grass names for? Players cover the answer, (marijuana), on their card, using something cheap or available such as a popcorn kernel. Five blocks in a row vertically, horizontally, diagonally, or four corners wins! Call SPARK if those blocks are filled. Empty the card and try again. Exchange cards for variety.

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TASK CARD # 19

BENCHMARKS - The student should know that:

- Kids can make a difference if they learn about alcohol
- Kids can make a difference if they help themselves
- Kids can make a difference if they talk to their parents or someone else they trust about what can be done
- Inhalants have short term effects of losing touch with surroundings and loss of self control

Activity: Tell How You Spell

How many words can your group make from "DRUG-FREE AMERICA"? No proper nouns or foreign words will be used. Winner is the group with the longest list. Designate another winner for the longest word.

TASK CARD # 20

BENCHMARKS - The student should know:

- Effects from inhalant use last from 15 - 45 minutes
- Effects from inhalant use may cause flushed face and neck, dizziness, nausea, sneezing, coughing, nosebleeds, fatigue
- Effects from inhalant use may cause bad breath, lack of coordination, loss of appetite, decreased heart rate, decreased breathing rate, inhibited judgement
- Inhalants cause loss of balance and loss of appetite

Activity: Timely Display

Draw as many kinds of timepieces that you can think of. Sports and dress watches, alarm clock, grandfather clocks, microwave clocks, stopwatches, kitchen clocks, etc. Cut out pictures in magazines, newspaper ads. Group that contributes the most timepieces wins!

Now use all the watches and clocks to create a display, bulletin or mural with the slogan: "Time to be Drug-Free"

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TASK CARD # 21

BENCHMARKS - The student should know:

- Channels are available to get help, information or to demand social change
- Inhalants can cause violent behavior, unconsciousness, vomiting and death

Activity: Before and After Display

Smoke from cigarettes hurts all living things. Show a before and after scene. Draw healthy, thriving plants and trees and many kinds of insects and animals. On another large sheet, show animals irritated from the smoke and wilted plants reaching desperately for clean air and sunlight. Artists charcoal smears nicely on paper to create a smoky, foggy atmosphere.

TASK CARD # 22

BENCHMARKS - The student should know:

- Inhalants are common household items
- Inhalants are cheap
- Inhalants are easy to buy
- Inhalants can cause extreme weight loss

Activity: Globetrek

You will begin a competitive game called Globetrek. Begin by getting large pieces of paper or poster board. List your teams across the top. Down the left side in a vertical list, print the names of the countries on each continent, but skip a space after each to record points from FATE outcomes. Your team will "travel" through a country for every five drug or alcohol facts that is recorded on an index card. Suppose you record twenty-five drug facts, your team will move five countries ahead.

SUGGESTIONS FOR RESEARCH

addiction	cocaine	alkaloid	crack	analgetics
depressant	antibiotics	diabetes	barbituates	emphysema
bennies	hallucinogens			

To make the game more exciting, you will choose to open a door of "FATE" for your team, lettered A - E on each fate card. After all letters are chosen, (teams can choose the same letters), THEN the facilitator will read the FATE for your team to gain or loose points!

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TASK CARD # 23

BENCHMARKS - The student should know:

* Inhalants are used by sniffing through the nose or 'huffing" - inhaling the fumes through the open mouth
* Inhalants are not thought of as drugs because they are not usually sold to be used as drugs
* Large amounts of inhalants produce deep sleep or even coma

Activity: Globetrek Game continues

Choose FATE outcomes A - E. Facilitator reads chosen FATES. Record additional points, subtract negative FATE points

SUGGESTIONS FOR RESEARCH: heroin, joint, mainlining, insomnia, intoxication, narcotics

FATE CARDS:

A. Your partners' dental floss has unraveled and twisted you into a coccoon. Nine points delay to unravel yourself. (-9 points)

B. Bionic bees are chasing your team. Run fast to get away. If you can name 2 kinds of bees, in 20 seconds, gain 4 points. (+4 points)

C. Heavy flooding has left your vehicle on top of a high mountain. Gain 4 points if you can list 3 famous high mountains in 20 seconds. (+4 points)

D. While swimming in Arctic waters, a team member has become stuck in an inner tube. Lose 3 points unless you can find a picture of a penguin in the next 5 minutes. (-3 points)

E. Muddy African elephant is stuck in a car wash. Help him out and receive 3 points. Sing a happy car wash song in the next 30 seconds and receive 30 more points. (+30 points)

TASK CARD # 24

BENCHMARKS - The student should know:

* Inhaling heroin is called snorting
* Injecting a drug directly into a vein is called mainlining
* Inhalants can cause permanent nerve and brain damage

Activity: Globetrek Game continues

Choose FATE outcomes A - E. Facilitator reads chosen FATES. Record additional points, subtract negative FATE points

SUGGESTIONS FOR RESEARCH: nicotene, pep pills, psychosis, overdose, prescription drugs, rush

FATE CARDS:

A. Special sale on Lochness Monster Souvenir Slippers. Slight delay since two lines are so long. Lose two points. (-2 points)

B. You have seen a beautiful rainbow. Name 4 songs that mention a "color" in them, in 90 seconds, and receive 40 points. (+40 points)

C. Australian kangaroo has stolen your keys. Chase it around the classroom once, running backwards and listing reasons why you shouldn't use drugs. Gain 8 pts (+8 points)

D. You have crashed into a colony of wasps. One has stung you. Jump up and down on one foot while singing "Row, Row, Row, Your Boat" and receive 20 points. (+20 points)

E. Compass is broken. Run to the chalkboard and show the 8 correct directions on the Compass Rose in 60 seconds and receive 14 points. (+14 points)

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TASK CARD # 25

BENCHMARKS - The student should know:

* 8 out of 10 kids who try only a half pack of cigarettes will become hooked for years or even their entire lives
* Chewing tobacco causes cancer of the mouth and other diseases of the gums and teeth
* Marijauna smoke has more tar and cancer causing agents than tobacco
* Inhalants can cause kidney and liver damage

Activity: Globetrek Game continues

Choose FATE outcomes A - E. Facilitator reads chosen FATES. Record additional points, subtract negative FATE points

SUGGESTIONS FOR RESEARCH: sedatives, stimulants, snort, synthetic, speed, drug tolerance

FATE CARDS:

A. Tital wave leaves your vehicle in a coconut palm. List 3 kinds of swimming strokes, and gain 7 points. (+7 points)

B. Team has stopped to report a crime. If you can name two members of your local police force, gain 19 points. You have 60 seconds to comply. (+19 points)

C. Geyser of cola has erupted on your windshield. Visibility is poor. Lose 2 points unless you can list 13 vegetables in 60 seconds. (-2 points)

D. Calculator is broken. If at least half of your Team Members received an "A" or "B" on the last math test that was given by your teacher, gain 50 points. (+50 points)

E. Mega Glow Worm has created a blinding glare. Buy sunvisors and lose 2 points. (-2 points)

TASK CARD # 26

BENCHMARKS - The student should know:

* Craving is more intense with cocaine than with any other drug
* Cocaine inhalation causes sores and ulcers in the nose
* Crack, a newer, smokable form of cocaine is highly addictive
* Inhalant usage can cause death

Activity: Globetrek Game continues

Choose FATE outcomes A - E. Facilitator reads chosen FATES. Record points.

SUGGESTIONS FOR RESEARCH: acid, wine, alcohol, whiskey,

FATE CARDS:

A. Crossbones from sunken pirate ship flag have floated into your gas tank. Delay costs you 15 points unless you can name the last 3 Presidents of the US in 60 seconds. (-15 points)

B. Checkpoint. If everyone in your Team has completed last night's homework assignment, run ahead 8 points. (+8 points)

C. Magnet on the bottom of a hot air balloon has latched on to your vehicle and carried it way off course. Lose 5 points unless you can locate a map in the next 2 minutes. (-5 points)

D. Birthday Break. Sing a jazzed up version of "Happy Birthday" to your Facilitator and receive 16 points. (+16 points)

E. Wild dogs are clasping at your door handles begging to become trained as circus dogs Talk for 15 seconds nonstop like a circus ringmaster, and earn 5 team points. (+5 points)

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TASK CARD # 27

BENCHMARKS - The student should know:

* Drug abuse persists because parents buy kegs of beer for teenager parties
* Drug abuse continues because advertisers plug alcohol and cigarettes
* Drug abuse continues because movies display drug use, and rock stars glamorize it

Activity: Globetrek Game continues

Choose FATE outcomes A - E. Facilitator reads chosen FATES. Record points.

SUGGESTIONS FOR RESEARCH: anesthetics, base, cilia, coma, convulsions

FATE CARDS:

A. A mystical sinking spring has sucked in your vehicle's battery. If you can tie your teams' shoelaces together in the next 60 seconds you can lift the battery out and gain 11 points (+11 points)

B. A snake charmer has just wriggled the gasoline hose into the troposhpere. No way to gas up. Lose 3 points unless you can balance a large book on your head and walk the length of the classroom. (-3 points)

C. You have paused to board a cruise ship. Entertain the throngs with a song and dance act for the song "Twinkle Twinkle Little Star". Once you have done this your team has earned 7 points. (+7 points)

D. Tropical giraffe has a sore throat. Since you have wrapped his throat with 80 warm towels, receive 17 points. (+17 points)

E. Camel has his head stuck in a sand dune. You have tied ropes to hoist him out. Seven points for helping. Six more if you can find "camel" in the dictionary in the next 60 seconds. (+7 points and +6 points)

TASK CARD # 28

BENCHMARKS - The student should know:

* If you are stopped for driving under the influence of alcohol, you may be arrested
* Your parents will be notified by the police of the arrest made for drunk driving
* If you are arrested for drunk driving you may be kept for blood, urine and breath testing

Activity: Globetrek Game continues

Recycled FATE cards. Choose a number from 23 - 27. Choose a letter A - E. Facilitator matches the number Task Card with letter and reads appropriate FATE for each group. Record points.

SUGGESTIONS FOR RESEARCH depressant, euphoria, morphine, diuretic, LSD

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TASK CARD # 29

BENCHMARKS - The student should know:

* Drug abusers must accept the fact that they are powerless over the substance
* Drug abusers must realize there are terrible consequences from their habit
* Drugs are habit forming

Activity: Globetrek Game continues:

Recycled FATE cards. Choose a number from 23-27 and a letter from A-E. Facilitator matches number Task Card with the letter and reads appropriate FATE for each group.

SUGGESTIONS FOR RESEARCH: narcotic, over-the-counter drugs, organic compounds, pot, pusher, respiration

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TASK CARD # 30

BENCHMARKS - The student should know:

* Drugs destroy healthy bodies
* Never eat, drink or sniff anything you are unsure of
* Stay away from people who use drugs

Activity: Globetrek Game continues

SUGGESTIONS FOR RESEARCH: schizophrenia, solvent, trip, side effects, tolerance

Bonus Points - 50 points for the neatest research facts!

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TASK CARD # 31

BENCHMARKS - The student should know:

* People say "NO" to drugs because they don't like the way drugs make them feel
* People say "NO" to drugs because drugs are against their religion
* People say "NO" to drugs because drug use is against the law

Activity: Globetrek Game

Celebrate your trek across the Planet with your drug-free message. Who won? Perhaps an area business will donate soft drinks and sweet treats.

TASK CARD # 32

BENCHMARKS - The student should know:

* Regular drinking causes kids to give up sports or hobbies
* Medicines are legal drugs ordered by doctors to make sick people well
* Medicines should only be taken if you are sick

Activity: Cartoon characters

Choose character names from the list at the end of this publication. Fill in the blank to create a drug-free message. Draw your character on poster board.

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TASK CARD # 33

BENCHMARKS - The student should know:

* When a person smokes marijuana, he has trouble doing even simple things like riding a bike
* The drug from one marijuana cigarette can stay in a person's body over a month
* Smoking marijuana is more harmful than smoking tobacco cigarettes

Activity: Poster Parade

Display all your innovative, cartoon characters on posters from Task Card # 32 throughout the school. Make additional posters, if you like.

TASK CARD # 34

BENCHMARKS- The student should know:

* Taking medicine that is prescribed for someone else is very dangerous and against the law
* If your friends make fun of you because you won't try drugs, they're really not your friends
* You should always feel good about saying "NO" to drugs

Activity: Filmstrip

Using a long scroll of paper, create a story in video "frames" by illustrating a short story that shows ways to say "NO" using different strategies. Make sure the "frames" that are sketched and colored, are in the correct sequence.

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TASK CARD # 35

BENCHMARKS - The student should know:

* Marijuana is smoked or eaten
* Marijuana contains over 400 harmful chemicals
* Marijuana hurts your brain, making it hard to remember

Activity: Presentation

Turn the "filmstrip" (from Task Card # 34) by slowly turning the scroll, so that only the current picture shows, when the narration is being done. When a group member pauses in the narration, it is the cue to turn the filmstrip scroll to the next frame.

TASK CARD # 36

BENCHMARKS - The student should know:

* All the facts in this publication

Activity: Game Show

Using the research facts from Globetrek, stage a quiz show competition. Set up a background to make the show look real. What will you name your show? What are the rules? Who are the co-hosts?

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Fill in the blanks with alcohol-free and drug-free advice. Create a cartoon character poster, using the names in the following list: Example: Justin Case: Just in case you haven't heard, I'm drug-free.

Tom Morrow (Tomorrow...)

Mel Odies (Melodies...)

Pat Troll (Patrol...)

Sara Person (Is there a person...)

Toad Ollie Totally...)

Ben Away (Been away...)

Dew Drop (Do drop...)

Justin Case (Just in case...)

Mark King (Marking...)

Eggs Act (Exact...)

Bill Ton (Built on...)

William Mind (Will you mind...)

Joe King (Joking...)

Adam Up (Add 'em up...)

Dina Might (Dynamite...)

Cousin Time ('Cause in time...)

Gwen R. Wee (When are we...)

Casey Forgets (In case he forgets...)

Pat Turn (Pattern)

Ella Vater (Elevator...)

Ann Surr (Answer...)

Abe Bull (Able...)

Bill Ding (Building...)

Ken U. Learn (Can you learn...)

Dora Bull (Adorable...)

Al Cohall (Alcohol...)

Dee Side (Decide...)

Summer Saults (Somersaults....)

Sue Peer (Superior

Bea Long (Belong...)

Ann Ounce (Announce...)

Sal Hoot (Salute...)

Alma Love (All my love...)

Carrie Good (Carry good...)

Taco Lot (Talk a lot...)

Paul Light (Polite...)

Anita Hue (Ah' need a you...)

O. Bay (Obey...)

Kara Bunch (Care a bunch...)

May King (Making...)

Rich N. Fame (Rich and famous...)

Lee Derz (Leaders...)

Mike Kind (My kind...)

Dan D. Time (Dandy time...)

Jess Think (Just think...)

Noah When (Know when...)

Darren Hall (Darin' all...)

Paul Loot (Pollute...)

Karen Bout (Care about...)

Snow Kidding (No kidding...)

Bea Ginning (Beginning...)

Keri News (Carry news...)

Bub Lee (Bubbly...)

Sarah Monies (Ceremonies...)

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Disco Cane(This cocaine...)
Anna More (And the more...)
Mark Myword (Mark my word...)
Fay Mand (Fame and...)
Radio Not (Ready or not...)
Lee Vit (Leave it...)
Rob Bing (Robbing...)
Abe Bell (Able...
M. Catching (Am catching...)
Zeek Friends (Seek friends...)
Dy Namic (Dynamic...)
Phil Ter (Filter...)
Ann Area (An area...)
Kurt Tail (Curtail...)
P. Pull (People...)
Stan Dards (Standards...)
Joy N. Forces (Join forces...)
U. Zing (Using...)
Arthur Itty (Authority...)
Jenny Rate (Generate...)
Prince E. Pal (Principle...)
Emma Frayed (I'm afraid...)
Stu Dents (Students...)
Weston Peace (Rest in Peace...)
Vanna Lism (Vandalism...)
Doll Erz (Dollars...)
Vic Tims (Victims...)
Millie Tary (Military...)
X. Cell (Excel...)
Vi O'Lance (Violence...)

Howie Gonna (How we gonna'...)
Kara Lot (Care a lot...)
Bev Verage (Beverage...)
Sue Nerr (Sooner...)
Hy Ways (Highways...)
Whiz Key (Whiskey...)
Jay L. Time (Jail time...)
Dee Pend (Depend...)
Ben Watching (Been watching...)
Desi Nate (Designate...)
Otto No (Ought to know...)
Fay Vorite (Favorite...)
Abe Bility (Ability...)
Reed Ooze (Reduce...)
Maxi Mum (Maximum...)
Benny Fits (Benefits...)
Biff Fore (Before...)
A. Boot (A beautiful...)
Lars Any (Larceny...)
Leigh Gal (Legal...)
N. Urgy (Energy...)
Wit Ness (Witness...)
Lou Zerrs (Loosers...)
Nick O'Teen (Nicotine...)
Matt Chur (Mature...)
Dee Bree (Debris...)
Falon Knee (Felony...)
N. Dever (Endeavor...)
Bonnie Fide (Bonified...)
Sid Deez (Cities...)

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE SEVEN

NAME_____DATE_____

WRITE TRUE OR FALSE BEFORE EACH STATEMENT.

_____1. Alcohol causes drowning and other fatal accidents.

_____2. Alcohol is never responsible for homicides and suicides.

_____3. All by itself, alcohol is a lethal drug.

_____4. Alcohol is an illegal drug for teens, just like marijuana, cocaine and heroin.

_____5. Being drunk, does not mean a person has overdosed on a drug.

_____6. Brain damage cannot begin with the first alcoholic drink.

_____7. Cold showers, fresh air, and coffee will make an intoxicated person, sober again.

_____8. Crack users could not possibly risk death the first time they try crack.

_____9. If someone passes out from drinking, call 911, or emergency rescue, immediately.

_____10. Crack can kill the first, or one hundredth time it is used.

_____11. Anyone who drinks too much alcohol can die from alcohol poisoning.

_____12. Police attack illegal drug markets by cooperation with community anti-drug efforts.

_____13. The name "crack" may have evolved because it makes a crackling sound when smoked.

_____14. Crack possession may carry a fine of several thousand dollars.

_____15. Crack is not smoked with marijuana or regular tobacco in the same pipe.

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MULTIPLE CHOICE. CIRCLE THE CORRECT ANSWER.

16. Drinking and driving is the _____cause of death among teenagers.
    A. # 1
    B. # 2
    C. # 3
    D. # 4
    E. # 5

17. More than _____ cents of every dollar spent for automobile insurance premiums, goes to pay for damage done by drunk drivers.
    A. 95
    B. 25
    C. 50
    D. 75
    E. 0

18. At least _____ people every day, die from alcohol overdose.
    A. 1
    B. 2
    C. 3
    D. 4
    E. 5

19. Smoking 5 joints of marijuana a week does more damage to the lungs than ___ packs of cigarettes per week.
    A. 1
    B. 2
    C. 4
    D. 6
    E. 10

20. How strong the marijuana is depends on
    A. soil
    B. climate
    C. time of harvest
    D. all of the above
    E. none of the above

FILL IN THE BLANK.

21. Older teens who drink alcohol, obtain it from their _____.

22. Younger teens who drink, obtain it from their _____ supply.

23. Every _____ seconds, a teenager has an alcohol or drug related accident

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24. Because crack is smoked, it enters the body through the lungs, then goes through the heart to the _____ in seconds.

25. Using crack is a crime that can put you in _____.

26. _____ is the most marketable drug on the streets today.

27. Colleges say that about _____% of the students are dropouts due to alcohol use.

28. Crack looks like slivers or shavings of _____.

29. "Huffing", or use of _____, have short term affects such as losing touch with surroundings and losing self control.

30. Inhalants can cause loss of appetite and loss of _____.

31. Inhalants can cause severe _____ loss.

32. Inhalants are not usually thought of as _____, because they are not even sold to be used as drugs.

33. Inhaling fumes from solvents or cleaning fluids, through the open mouth is called _____.

34. Large amounts of inhalants cause deep sleep or _____.

35. Inhaling heroin is called _____, and it causes permanent brain and nerve damage.

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE SEVEN

ANSWER KEY

WRITE TRUE OR FALSE BEFORE EACH STATEMENT.

TRUE 1. Alcohol causes drowning and other fatal accidents.

FALSE 2. Alcohol is never responsible for homicides and suicides. **IT IS**

TRUE 3. All by itself, alcohol is a lehtal drug.

TRUE 4. Alcohol is an illegal drug for teens, just like marijuana, cocaine and heroin.

FALSE 5. Being drunk, does not mean a person has overdosed on a drug. **IT DOES**

FALSE 6. Brain damage cannot begin with the first alcoholic drink. **IT CAN**

FALSE 7. Cold showers, fresh air, and coffee will make an intoxicated person, sober again. **ONLY TIME WILL SOBER A PERSON**

FALSE 8. Crack users could not possibly risk death the first time they try crack. **DEATH COULD OCCUR THE FIRST TIME**

TRUE 9. If someone passes out from drinking, call 911, or emergency rescue, immediately.

TRUE 10. Crack can kill the first, or one hundredth time it is used.

TRUE 11. Anyone who drinks too much alcohol can die from alcohol poisoning.

TRUE 12. Police attack illegal drug markets by cooperation with community anti-drug efforts.

TRUE 13. The name "crack" may have evolved because it makes a crackling sound when smoked.

TRUE 14. Crack possession may carry a fine of several thousand dollars.

FALSE 15. Crack is not smoked with marijuana or regular tobacco in the same pipe. **IT IS**

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MULTIPLE CHOICE. CIRCLE THE CORRECT ANSWER.

16. Drinking and driving is the _____cause of death among teenagers.
    A. # 1
    B. # 2
    C. # 3
    D. # 4
    E. # 5

17. More than _____ cents of every dollar spent for automobile insurance premiums, goes to pay for damage done by drunk drivers.
    A. 95
    B. 25
    C. 50
    D. 75
    E. 0

18. At least _____ people every day, die from alcohol overdose.
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    B. 2
    C. 3
    D. 4
    E. 5

19. Smoking 5 joints of marijuana a week does more damage to the lungs than ___ packs of cigarettes per week.
    A. 1
    B. 2
    C. 4
    D. 6
    E. 10

20. How strong the marijuana is depends on
    A. soil
    B. climate
    C. time of harvest
    D. all of the above
    E. none of the above

FILL IN THE BLANK.

21. Older teens who drink alcohol, obtain it from their **friends**.

22. Younger teens who drink, obtain it from their **parent's** supply.

23. Every **five** seconds, a teenager has an alcohol or drug related accident.

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24. Because crack is smoked, it enters the body through the lungs, then goes through the heart to the **brain** in seconds.

25. Using crack is a crime that can put you in **jail**.

26. **Crack** is the most marketable drug on the streets today.

27. Colleges say that about **25%** of the students are dropouts due to alcohol use.

28. Crack looks like slivers or shavings of **soap**.

29. "Huffing", or use of **inhalants**, have short term affects such as losing touch with surroundings and losing self control.

30. Inhalants can cause loss of appetite and loss of **balance**.

31. Inhalants can cause severe **weight** loss.

32. Inhalants are not usually thought of as **drugs**, because they are not even sold to be used as drugs.

33. Inhaling fumes from solvents or cleaning fluids, through the open mouth is called **huffing**.

34. Large amounts of inhalants cause deep sleep or **coma**.

35. Inhaling heroin is called **snorting**, and it causes permanent brain and nerve damage.

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